



# Inside The Arc

May 2019

## The Arc NW Wayne County Annual Meeting & Election of Board of Directors Annual Awards

**Thursday, May 23, 2019**

6:00pm - 8:30pm

@ **One Under**

35780 Five Mile Road

Livonia 48154

**\$16 per person**

*Must register before May 15th*

Send check with attendees' names to The Arc NW

### 2019 The Arc NW Annual Meeting

**THURSDAY  
MAY 23, 2019**

**REGISTER  
BEFORE  
MAY 15, 2019**



List NAMES of Attendees:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mail Registration & Payment  
with  
Names of Attendees to:**  
  
The Arc NW Wayne County  
26049 Five Mile Rd.  
Redford, MI 48239

**TOTAL - Full Dinner \$16 per Person** \_\_\_\_\_



**2019  
DISABILITY  
POLICY  
SEMINAR**  
WASHINGTON, DC

AAIDD | The Arc | AUCD | NACDD | SABE | UCP



### Highlights...

The Arc NW's Executive Director, Gretchen Sanewsky, and board member, Jean Walsh, attended the Disability Policy Seminar April 7-10, 2019 in Washington D.C. There were over 900 attendees from every state and territory in the union! Michigan was well represented with 28 attendees and Rep. Debbie Dingell as a featured speaker!

#### Important topics discussed were:

- ▶ Community Living, Long Term Supports and Services : Medicaid support, Money follows the person, and strong implementation of the Home and Community Based Services Rule.
- ▶ Education: All students can benefit from post secondary education (only 20% of students with I/DD attend college) – employment, trained teachers, and safe schools.
- ▶ Employment: People with disabilities want to work (only 19.1% are included in the workforce); strong implementation of the Workforce Innovation and Opportunity Act, and continued support for community-based employment.
- ▶ Social Security and SSI: Protect these benefits and improve by addressing asset limits, marriage penalties, etc.
- ▶ ABLE age adjustment : Increase to 46 years of age.

In the closing session Talilia Lewis, Attorney, Advocate, and Organizer spoke about ableism. She defines this as the value of people's bodies and minds being defined by what society sees as "normal". She went on to describe how this is a systemic issue and must be addressed at that level if all people are to be fully included. Her example of a current issue around ableism is immigration. Our nation's borders dictate who is in and who is out. When people flee persecution, as any reasonable person would do to stay safe, we label them as behaving inappropriately or even as criminal. Lewis maintains that society applies similar thinking in other areas such as literacy, education, and the ability to work. She urged us to ensure that ableism doesn't define how people with I/DD are included because disability rights are human rights.



The Chicken dinner dance was held on Friday, April 12, at Canton High School. We had a fantastic turnout of **over 200 members** that came to this fun event! We all enjoyed Lee's Chicken tenders, mashed potatoes with gravy, coleslaw, biscuits, honey, ice cream cups (vanilla, chocolate, strawberry), Easter eggs with chocolate candies, water, and pop. Thank you to Randy and Mark for providing our D. J. music for dancing. The floor was filled with dancers!

Congratulations to our raffle winners: **Steve Emrich, Patty Munn, Kelly Rozen, Marcus Ely, Kate Marganti, Debbie Huzliak, Nichole Brey, Carl Solak, Rosie Bradbury, and Renee Nimanski.**

Don't forget to mark your calendar for our **LAST** event this spring: **Ice Cream Social Dance, Friday, May 10, 6:30-9:30, Canton High School, PRE-PAY at the Arc by May 1, 2019.**

Happy Spring,  
Jackie

## JUST FUN CLUB NEWS



### THE ARC NW 2019 GOLF OUTING

Sunday, May 19 | 8:35AM Shotgun Start

Go to [www.thearcnw.org](http://www.thearcnw.org) to learn more.

Registration and Paypal payment is available online at [www.thearcnw.org](http://www.thearcnw.org).

Please send sponsorship info to [wernzen@thearcnw.org](mailto:wernzen@thearcnw.org) w/email subject: Arc NW Golf Outing

### May Sports Report by Janice Bearden

The event of the year is here! THE SPORT PROGRAM BOWLING FUNDRAISER. Don't forget it's at Westland Bowl on Friday May 3rd. Hope to see you all there. If this newsletter comes out after the event, I hope you all had fun! Thank you to everyone who is helping or had helped with this event.



Swimming and Field & Track Spring Area Games will be Friday May 10<sup>th</sup> at Franklin High School. State games will be at Central Michigan University May 31st – June 2<sup>nd</sup>. Good Luck to all the athletes. Thank you, coaches and volunteers for your months of hard work and your time.

I found something interesting while reviewing Coaches Corner on the SOMI website. It's a free fitness program to which everyone has access. The program is called "**Fit 5 Training**". It gives you training guides, a tracker, and fitness cards for different levels of ability. It also has strength, endurance, balance and flexibility exercises you can do at home or outside. Best of all no equipment is needed. Please check it out. To review go to: [SOMI.org](http://SOMI.org), click on Coaches Corner, scroll down to Fit 5 training and click on it.

Don't forget to pay your Arc membership dues!

## The Arc Sports News



# Adaptive MoGo Demo Day

Cullen Plaza on the Detroit Riverwalk  
2 - 4pm on Friday, May 31

**FREE INFORMATIONAL EVENT**

MoGo is Detroit's first public bike sharing system, with 430 bikes at 44 stations across 10 Detroit neighborhoods. Designed for quick trips around town, MoGo is a fun, flexible and convenient way to get around.

Learn More at:  
[mogodetroit.org](http://mogodetroit.org)

**Get a Pass:** Purchase a pass online, with the Transit App, or at any one of our 44 stations. Cash payment and flexible payment options are available.

**Get a Bike:** Pick up a bike at any one of our 44 stations. Take as many short rides as you want while your pass is active. Passes include unlimited trips under 30 minutes.

**Get it Back:** Return the bike to any station. Slide the bike firmly into an empty dock, and wait for the green light to make sure it's locked.

**JFC**

**Friday, May 10**

**6:30 - 9:30pm**

**Canton High School**

**Pre-pay \$5 at The Arc by Wednesday, May 1, 2019**



**DANCE**

## **GUYS & DOLLS**

**SATURDAY AFTERNOON BOWLING**

**OAK LANES**

For more info please contact:

**Jim Gallas 248-318-8856 (cell) or  
jagallas@comcast.net**



**Last day of bowling: Saturday, May 11**

**End of Season Banquet/Awards Ceremony**

**Saturday, May 18, Joy Manor Noon - 3:00pm**

**NEXT SEASON will start Saturday September 7, 2019**

## **The Arc Early Birds Bowling League**



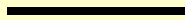
Morning Bowling will resume in the Fall.

We bowl every other Saturday morning at 9:00 at Oak Lanes on Middlebelt in Livonia. It's a fun league made up of bowlers with a variety of skill levels. If you want to join, please call Vicki Soto at **734-422-3732**.

# Donations

**In Honor of The Arc Athletic  
Program**

**Kings and Queens Bowling  
League**



**Lonnie Schultz  
Andrea Ozog  
Dave and Janelle Hansen**

# Memorials

## In Memory of Raymond Murawski

**Dan and Ann Murawski  
Martin and Janet Schultz**

## In Memory of Nancy Barnes

**Jay Lambert and Family  
Anne Munn  
Carole Krol  
Brenda Neely  
Parkside Dental Team  
Dave and Roberta Dumont  
Barbara Ostrander**

## **Won't you join & support The Arc NW as a member?**

The Arc NW provides advocacy, support and information on disability-related issues across the lifespan.

**We seek - and work - to build a more  
inclusive community.**

See the Membership form on the back page of this newsletter or join us online at [www.thearcnw.org](http://www.thearcnw.org)









*Achieve with us.*

**If you hear of the passing of an  
Arc member please let us know.  
Help us honor the memories  
of our members and support one  
another through difficult times.**

**Call The Arc NW office at  
313-532-7915**



# May 2019

| Sun   | Mon   | Tue   | Wed | Thu   | Fri  | Sat   |
|---|---|---|-----|---|--|---|
|   |   |   | 1   | 2   | 3  | 4   |
|   |   |   |     |   | <p>The Arc NW Annual Sport Program<br/><b>Bowling Fundraiser</b><br/>Westland Bowl<br/>Friday, May 3<br/>Check-In at 6:30pm</p>                       |  <p><b>Guys &amp; Dolls Bowling</b><br/>1:15 Check-In<br/>Oak Lanes</p>  |
| 5   | 6   | 7   | 8   | 9   | 10   | 11  |
| <p><b>Early Bird Bowling Banquet</b><br/>Hellenic Center</p>  <p><b>Swimming Schoolcraft</b><br/>4 - 5pm Beginners<br/>5 - 6pm Advanced</p> |   |   |     |   | <p>Field &amp; Track &amp; Swimming<br/>Spring Area Games<br/>Franklin HS</p>  <p><b>JFC Ice Cream Social/Dance</b><br/>6:30 - 9:30<br/>Canton HS</p> |  <p><b>Guys &amp; Dolls Bowling</b><br/>1:15 Check-In<br/>Oak Lanes</p>  |
| 12  | 13  | 14  | 15  | 16  | 17   | 18  |
| <p><b>Mother's Day</b></p>  |   | <p><b>Board Meeting</b><br/>6:30pm<br/>Arc Office</p> <p><b>LAST DAY to REGISTER for Dinner Arc NW Annual Meeting (On May 23)</b></p> |     |   |  |  <p><b>Guys &amp; Dolls Bowling League Bowling Banquet</b><br/>Luncheon &amp; Awards<br/>Noon - 3pm<br/>Joy Manor</p> |
| 19  | 20  | 21  | 22  | 23  | 24   | 25  |
| <p><b>Arc NW Golf Outing</b></p>  <p><b>Swimming Schoolcraft</b><br/>4 - 5pm Beginners<br/>5 - 6pm Advanced</p>                           |   |   |     | <p><b>Arc NW Annual Meeting</b><br/>6:00pm - 8:30pm<br/>One Under, Livonia</p>  |  |   |
| 26  | 27  | 28  | 29  | 30  | 31   |   |
|   | <p><b>Memorial Day</b><br/>Arc NW Office Closed</p> |   |     |   | <p><b>State SO Games</b><br/>@ Central Michigan U.<br/>May 31 - June 2 →</p>   |   |

**CHECK IT OUT!**  
The Arc of Northwest Wayne County's  
Web Site  
[thearcnw.org](http://thearcnw.org)





26049 Five Mile Road  
Redford, MI 48239

**Non-Profit Organization  
U.S. Postage  
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*Each edition of this newsletter is prepared for mailing by volunteers from Zeta Tau Alpha.*



26049 Five Mile Road  
Redford, Michigan 48239  
313-532-7915

**Inside The Arc is also available online at  
[thearcnw.org](http://thearcnw.org)  
Call 313-532-7915 to end your printed mailed newsletter.**

### Membership Application

**Name** \_\_\_\_\_

**Email Address** \_\_\_\_\_ **Daytime Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Name** \_\_\_\_\_ **Birth Date** \_\_\_\_\_

(Name line above for member(s) with intellectual and developmental disability)

Address (if different) \_\_\_\_\_

Telephone (if different) \_\_\_\_\_

*Welcome!*

### Membership Dues

- New Member
- Renewing Member
- Associate Member
- \$35 Annual Family or Group Home Membership
- \$25 Individual Membership
- \$25 Associate Membership

**DONATIONS**  \$10  \$25  \$50  \$100  \$150  \_\_\_\_\_ Other